

GLOBAL INDOOR HEALTH NETWORK

"WORKING TOGETHER FOR HEALTHY INDOOR ENVIRONMENTS"

<http://globalindoorhealthnetwork.com>

Inside This Issue

- 1 Welcome New Members
- 1 Updates about Global IHN Business
- 2 Canadian Green Building Technologies
- 2 CDC Continues Its National Conversation
- 3 Newer, Poorly Constructed Homes More Likely to Harbor Fungus
- 4 Member Profile: Lee Thomassen
- 4 Mold May be Cause of Ailments at Sunnyside (Arizona) School
- 5 Global IHN Research Guidelines
- 5 Research Papers Added to the Website
- 6 Hawaii—New Regulations Needed to Ensure Safe Indoor Air
- 6 World Health Organization—Guidelines for Indoor Air Quality: Selected Pollutants

Updates about Global IHN Business

We filed our application with the Internal Revenue Service (IRS) requesting tax-exempt status as a 501(c)(3) charitable organization. The "Donate" page of our website includes a statement saying that donations are not tax-exempt until we receive approval from the IRS.

We filed a trademark application with the U.S. Patent and Trademark Office (USPTO) to protect our name, acronym, tagline and logo.

Each of these processes can take several months. We will update you when information becomes available.

We received our first donation, and our members have been purchasing items through our on-line store. Be sure to check out our "Donate" page and tell your family, friends and colleagues about our vision and mission.

<http://globalindoorhealthnetwork.com/donate.html>

Welcome New Members

We have two new members. Please join me in welcoming Sean Hardin (Minnesota) and Dr. Chris Pearson (United Kingdom).

Sean Hardin is an independent investigative journalist. Sean covers public affairs issues and health issues with a focus on natural health. He is trying to help a mold-injured person in Minneapolis who was evicted from her apartment after she complained about the mold problems. He is eager to learn more about this important health issue. You can learn about Sean's podcasts at Truther9.blip.tv. Sean is located in Minneapolis, Minnesota.

Dr. Chris Pearson is a doctor, practitioner and teacher of traditional medicine including acupuncture, Chinese five elements, herbalism, homeopathy, neuromuscular psychotherapy and skeletal remobilisation. He practices in Australia, France and the U.K. with equine and human patients. He is qualified through the IOUNM and the WHO. You can learn more about Dr. Pearson's businesses through pearsonandblack.com and jjequine.com. Chris is located in Guisborough, United Kingdom.

Welcome Sean and Chris



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Canadian Green Building Technologies

U.S. architects, engineers and building contractors will be getting a peek at some of the green building technologies from Canada at an event in Baton Rouge this week.

Hosted by the Louisiana Chapter of the American Institute of Architects (AIA), the event will include demonstrations of a modular floor system made of recycled steel that is impervious to moisture, mold, and termites, and a device that can cut residential hot water costs by up to 35 per cent.

"It's important that we have the knowledge of the latest green building technology, and we are looking forward to seeing some of the latest innovations being offered by Canadian companies and how they could benefit projects in our area," says Stephen Maher, President-Elect of the AIA Chapter.

The steel floor joist technology is manufactured in Princeton (near Brantford), Ontario, by iSPAN Systems.

"Our product is ideal for construction in the U.S. South," says Mike Strickland, president of iSPAN Systems. "During the construction phase when the building is exposed to rain, the steel joists will retain their structural integrity. They will not buckle or bend. Nor will they absorb moisture, thus avoiding mold contamination and the associated risk to human health."

[Canadian Green Building Technologies](#)



Exposures is a two-year project sponsored by the Centers for Disease Control and Prevention's (CDC) National Center for Environmental Health and the Agency for Toxic Substances and Disease Registry (ATSDR).

Since its launch in June 2009, the National Conversation has engaged a broad range of groups and individuals like you to propose actions needed to protect the public from harmful chemical exposures. A copy of the draft Action Agenda will be posted on December 20th, and can be found by clicking the Library tab above.

The first discussion topics will be introduced at 9:00 am ET on January 5th, and the second set of topics will open on January 6th. As a registered participant, you can enter messages at any time, day or night, during the two days. Your contributions to the WebDialogue will be summarized and shared with National Conversation Leadership Council members as they finalize the action agenda.

Some of our members participated in the National Conversation webinar that took place in April 2010. To read a summary of the comments submitted during the April 2010 webinar, click on this link and then click where indicated:

[Summary of April 2010 webinar comments](#)

If you would like to join the Conversation in January, go to the following link to register:

[Register for January 5-6, 2011 webinar](#)

Newer, Poorly Constructed Homes More Likely to Harbor Fungus

When Lori and Nate Lee moved from Maryland to Lewis Center five years ago, they bought the perfect home for their growing family: 2,800 square feet, four bedrooms and a basement they immediately finished.

For four years, they enjoyed the home - until this summer, when they decided to replace the wood deck with a concrete patio and discovered rotted wood where the deck was attached to the home.

The Lees contacted Craig Reichman, owner of C&R Builders in Sunbury, who started removing stucco to determine the extent of the rot.

What he found, in addition to the rot, was mold - under the stucco, under the two doors leading into the home and under the wood floor near the doors.

"I kept cutting and cutting and cutting," said Reichman, who has spent the past month repairing the damage.

For Reichman, the discovery was all too familiar. He and other builders and experts say mold plagues some newer central Ohio homes, especially those built during the housing boom of 1999 to 2006.

"I'm seeing this over and over," Reichman said. "The time frame when those homes were built, in that period, five to seven years, will have those issues."

Others agree that mold has become a familiar problem in new homes, especially those with stucco siding.

"Homes built in the past 20 years tend to be tighter than older homes and therefore more likely to trap moisture inside if not properly ventilated, creating... a giant petri dish."



Mold-damaged stucco

Newer, Poorly Constructed Homes (cont'd)

The article discusses several reasons for the rise of mold problems in new homes, including:

- Oriented strand board, which became a common sheathing material for homes about 20 years ago, absorbs and transfers water more readily than plywood, which was the sheathing of choice for older homes.
- Stucco is thinner than it used to be, with less cement, and is frequently poorly installed, with two thin coats instead of three thick ones.
- Many homes built during the housing boom used a paper vapor barrier, which can be difficult to properly install, instead of Tyvek or other wraps commonly used in the past few years.
- Homes built in the past 20 years tend to be tighter than older homes and therefore more likely to trap moisture inside if not properly ventilated, creating what Tom Flood, the president of Air Technology in Hilliard, calls a "giant petri dish." This was especially a problem in the 1980s and '90s, when builders commonly put plastic between the studs and drywall as a moisture barrier.

To read the entire article:

[Newer, Poorly Constructed Homes More Likely to Harbor Fungus](#)

See *Member Profile: Lee Thomassen* on page 4

Member Profile: Lee Thomassen

Lee Thomassen is a 22-year veteran teacher of American History and World Cultures in Towson, Maryland. Lee has B.A.s in History and International Studies from the American University and an M.A. in History from Penn State. He is an Elder at Stewartstown Presbyterian Church where he teaches a class on Biblical historiography and archaeology. He teaches 8th grade American History at a middle school in Maryland.

Lee has been involved in Indoor Air Quality issues in his school system since 1991. He endured retaliation by his employer when he applied for accommodations for Chronic Inflammatory Response Syndrome under Section 504 of the Rehabilitation Act of 1973.

In October 2010, the Baltimore County Public School System signed a voluntary resolution agreement with the Office of Civil Rights, U.S. Dept of Education, agreeing to rescind his reprimand, restore him to his school's environmental team, implement the accommodations it had agreed to and have a 504 meeting to discuss the seven that it had rejected.

Lee's indoor air quality struggles with his school system are documented in Dr. Ritchie Shoemaker's new book *"Surviving Mold."*

Lee is a member of the Global Indoor Health Network's Education Committee.

Lee's email address is:

lthomassen@bcps.org



Looking into the Sunnyside classroom that has mold



Lee Thomassen

Mold May be Cause of Ailments at Sunnyside (Arizona) School

When teacher Suzanne Anderson discovered mold behind a poster in her classroom this fall, it set off alarm bells.

Angela Cupis, the teacher who used the Summit View Elementary School classroom last school year, had spent a nightmarish 2009-2010 assigned there. She was in and out of urgent care, was hospitalized several times and at one point was in isolation while doctors tried to figure out what was wrong.

One of the concerns with this article is the following statement made by Dr. Robert McLellan, past president of ACOEM.

Fear of "toxic mold" is widespread, but it has not been proved that indoor mold can infect people with these "mycotoxins," said Dr. Robert McLellan, past president of the American College of Occupational and Environmental Medicine.

To read the entire article:

[Mold May be Cause of Ailments at Sunnyside](#)

See *Global IHN Research Guidelines* on page 5

Global IHN Research Guidelines

In the November 19 Newsletter, I provided an update from our Research and Education Committees. I mentioned that our Research Committee was developing Research Guidelines for our organization. The Research Guidelines are now complete and have been approved by the Board of Directors. The Guidelines are posted on our website.

Our new Research Guidelines will be used to ensure that research papers issued by our organization meet the highest quality standards. As you read through the Guidelines, you will see that our Research Committee will be offering a variety of services to our members. Those same services will also be offered to outside parties. We are currently developing a fee schedule for these services and will let you know when it's available.

Please note the following statements in our Research Guidelines:

The guidelines establish a process through which Global IHN will sanction the following statement in the acknowledgment section of articles.

This article was reviewed by the Research Committee of the Global Indoor Health Network (Global IHN) for accuracy and quality and approved for journal submission. The article is consistent with Global IHN's mission of bringing sound science, effectual education and protective policy concerning the human health effects of indoor air pollutants to the worldwide community, while exposing deceptive information and activities.

To read our new Research Guidelines and to learn more about the distinguished members of our Research Committee, please go to the following link:

[Global IHN Research Guidelines](#)

A copy of our current list of research topics is attached to this email message. The list also indicates the names of our credentialed members who have volunteered for each topic. We will continue to develop this list as we move forward.



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Check out the *Global IHN Research Guidelines*

Research Papers Added to the Website

The following research papers were provided by Dr. Jack Thrasher.

[IgE Sensitization to Aspergillus Fumigatus is Associated with Reduced Lung Function in Asthma](#) by Abbie Fairs, et al, Institute for Lung Health, Leicester, United Kingdom (2010).

In summary, we found a strong relationship between detection of *A. fumigatus* in sputum and *A. fumigatus*-IgE sensitization, in addition to a strong inverse relationship between *A. fumigatus*-IgE sensitization and lung function.

[Mycobacterial Aerosols and Respiratory Disease](#) by Joseph O. Falkinham (2003).

Environmental opportunistic mycobacteria, including *Mycobacterium avium*, *M. terrae*, and the new species *M. immunogenum*, have been implicated in outbreaks of hypersensitivity pneumonitis or respiratory problems in a wide variety of settings. One common feature of the outbreaks has been exposure to aerosols. Aerosols have been generated from metalworking fluid during machining and grinding operations as well as from indoor swimming pools, hot tubs, and water-damaged buildings. Environmental opportunistic mycobacteria are present in drinking water, resistant to disinfection, able to provoke inflammatory reactions, and readily aerosolized.

See *WHO—Guidelines on Indoor Air* on page 6

Hawaii—New Regulations Needed to Ensure Safe Indoor Air

In 1976, at an American Legion convention in Philadelphia, a particularly deadly strain of bacteria caused the tragic deaths of 29 participating veterans. It was later discovered that the bacteria, now named *Legionella Pneumophila*, had spread via the ducts in the hotel's air-conditioning system.

Fortunately, this was a rare and isolated case of sick building syndrome (SBS). However, SBS in its many milder forms is more common than most people realize and can result in reduced productivity and increased health care costs, estimated to be as high as \$200 billion per year.

In a perfect world, regulations would be in place to ensure that all new buildings and building maintenance schedules will serve the health of human occupants over the long run. For now, if you start sniffing and sneezing when you go indoors, or experience other troublesome symptoms, you might need to treat not just yourself, but also the building you are in. Remember, buildings can be sick, too.

[New Regulations Needed to Ensure Safe Indoor Air](#)



[Next Newsletter: Friday, December 31](#)



World Health Organization (WHO)

World Health Organization—Guidelines for Indoor Air Quality: Selected Pollutants

Copenhagen, 15 December 2010. A new volume of the global guidelines for indoor air quality is released today. WHO Guidelines for Indoor Air Quality: Selected Pollutants results from the contribution of over 60 international scientists to a project coordinated by WHO Regional Office for Europe and presents, for the first time, evidence and guidance to protect health globally from the impact of indoor chemicals. The guidelines recommend targets for indoor air quality at which the health risks are significantly reduced and provide a scientific basis for legally enforceable standards in all regions of the world.

The guidelines are targeted at public health professionals involved in preventing the health risks of environmental exposures, as well as at specialists and authorities involved in the design and use of buildings, indoor materials and products. This volume is the second in a series, following the 2009 book on dampness and mould, and anticipates further work to address household fuel combustion.

“Public health awareness of indoor air pollution has lagged behind that of outdoor air pollution. The new guidelines now provide clear reference criteria to reduce the health risks from indoor exposure to air pollutants in all regions of the world and at all levels of economic development,” concludes Dr. Krzyzanowski.

To read the entire *Press Release*, click [here](#).

To read the new report, click on the following link:

[WHO Guidelines for Indoor Air Quality—Selected Pollutants](#)

Working Together for Healthy Indoor Environments